

COOP AIMS

To make available wholesome natural foods and products as inexpensively as possible with consideration given to the political, social and ecological effects of products being marketed

To support and encourage local growing and fresh organic foods

To create a community-based, member-owned consumer buying service

**BOARD MEETINGS EVERY
4TH MONDAY 6PM @
CHAMBER OF COMMERCE**

(CHECK WITH US FIRST)

COOP STAFF

Cindy Phillips—
Manager

Ron Hoffman

Angie Bushway

Rebecca Snow

Lauren Potter

Cindy Johnson

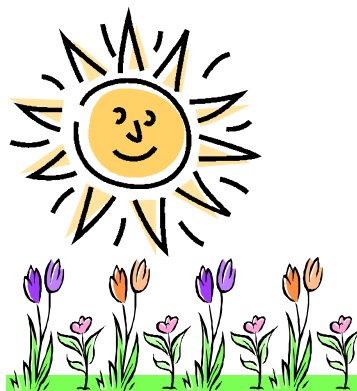
MANAGER'S CIRCLE BY CINDY PHILLIPS

What's NEW at the Coop???

Me..... and lots of new products and ideas!

I became the Manager of the Coop on January 1st, what a great way to start a new year! The Coop Staff of Ron Hoffman, Angie Bushway, Lauren Potter, Rebecca Snow and Cindy Johnson and the Coop Board have pulled together to create a new path for the future of the Coop. Our new direction is that of affordable quality food together with the convenience of one-stop shopping.

The Staff continually seek out the "best buys" in quality food so that we can pass the savings on to you. Health for you and your wallet. Perhaps you've seen our Monthly Specials in



your email box? We email Specials the first of the month. If you aren't receiving emailed specials and would like to, email me at sfc@vermontel.net and you will be added to the list.

We'd love to have you as a dedicated Coop Shopper. We want to be able to offer you the convenience of one-stop shopping. Who has time to run around? Tell us what you'd

like to see new, and we always want your feedback.

It's YOUR Coop!

Also new are our extended Sunday hours:

Sunday 10- 4

What's NOT new at the Coop?

Well...Ron's not new. No, he's our resident historian, procedure expert, equipment expert, expert, expert. Thank you Ron.

What's not new is the Coop's commitment to supporting local farmers, artisans, businesses and industry. Many of the farmers that we support by buying their products in turn support the Coop. It's all good.

Wishing you well,

Cindy Phillips

MESSAGE FROM THE BOARD OF DIRECTORS

April marks the one-year anniversary in our new location on River Street! We couldn't have made this move, purchased and renovated our own space without the support of each and every one of you.

Many Thanks!

ANNUAL MEETING WARNING

This year's annual meeting will be held SUNDAY MAY 20, 5pm. at the Springfield Unitarian Church.

We will provide a LIGHT SUPPER along with COOP BUSINESS...

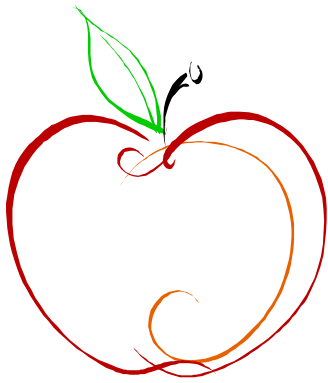
Come join us for soup, salad, bread and celebratory CAKE.

Your vote counts! The BOD will present a slate of 3 new board members.

David Sussman, Alex Stone and Joan Mullener have stepped down.

A deep felt thanks to them for all of their hard work and contributions!

WELLNESS CORNER BY DR. JIM RIZZO



If someone is a "fast oxidizer" they will do much better on a higher fat and protein diet.

Dieting: Low Fat or Low Carb?

Heart disease, often related to obesity, is one of the leading causes of death in this country. Not long ago, it was thought that low fat diets were the answer. Some lost weight but not all. Then along came the low carbohydrate diets. Again, some lost weight but for the most part the incidence of obesity and heart disease continues to rise.

So what is going on here? Which is it, low fat or low

carbohydrate? The answer is that it could be either.

Researchers have found that different people burn glucose differently. If someone is a "fast oxidizer" they will do much better on a higher fat and protein diet, otherwise known as the Glucogenic Diet. On the other hand, "slow oxidizers" will do better on a higher carbohydrate diet, known as the Ketogenic Diet. So if a fast oxidizer were to eat a high carbohydrate diet for example, this would cause an

imbalance in the way the body produces energy. This imbalance can manifest in any number of ways, including increased body fat storage.

The right diet for an individual can be determined through a series of functional measurements done by an experienced professional. For more information call us at the Wholistic Wellness Center.

James Rizzo, DC is a chiropractor with a graduate degree in human nutrition. His office is in the Wholistic Wellness Center, located at 160 Wall Street, Springfield.



OF THE MONTH: BLACK BEAN AND SWEET POTATO BURRITOS*

- 2 Med. Sweet Potatoes, diced
- 1 small onion, chopped
- 1 Tbsp Olive Oil
- 1 can Black Beans, rinsed
- 1 Cup vegetable stock
- 2 Garlic Cloves, minced
- 1 1/2 Tbsp chili powder
- 2 tsp Ground mustard
- 1 tsp ground cumin
- 4 large/8 small tortillas
- 1/2 cup salsa and 1 cup cheese

Boil the sweet potatoes. While they are cooking, sauté onions in oil until translucent. Add the Black beans, stock, garlic, and spices. Salt to taste. Simmer uncovered for 15 minutes.

Drain water from sweet potatoes, return to pot and mash them. Set aside.

Once bean mixture is done, mash and set aside.

Take 4 large tortillas and spread onto each: 1 Tbsp salsa, 1/4 of sweet potatoes, 1/4 of bean mixture, and 1/4 of cheese.

Roll up tortilla and serve as is, or heat in oven until crisp.

Garnish with plain yogurt and lime.

**Adapted from La Dolce Vegan, Sarah Kramer, 2005.*

Not an herbivore,
nor a carnivore...
but a
"LOCALVORE"

LOCALVORE GROUP FORMING IN SPRINGFIELD AREA

What is a Localvore??

Localvores are people committed to eating and learning about foods grown close to home. According to NOFA-VT (Northeast Organic Farming Association of Vermont), most localvores define local food as food grown, harvested, and/or processed in Vermont or within a 100 miles of their home.

The Coop supports localvores by purchasing many fresh and organic items from around the region.

Those who are interested in starting a pod in the Springfield area should leave your name and contact info at the Coop, or contact Sharon Mueller:
Sharonm@vermontel.net.

First Meeting March 29, 6pm

If you want to learn more about Localvore, here are some starting points:

The NOFA website: nofavt.org

The Localvore Project:
<http://www.localvoreproject.org/State/index.htm>

Upper Valley Localvores:
<http://www.uvlocalvore.com/>

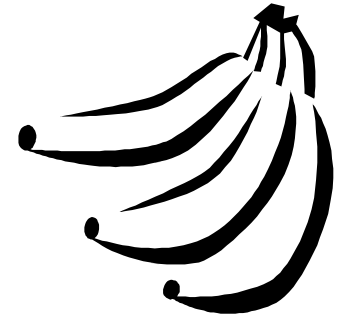
COOP SELLS BANANAS THAT MAKE YOU FEEL OKÉ !

BOSTON- Oké USA, the country's first Fair Trade fruit company, launched in October, is bringing fair trade, ecologically grown bananas to Northeast consumers excited to be more Oké. The company champions sustainable business and farming practices in an industry infamous for worker exploitation and environmental abuse. Oké aims to set new standards of quality for not just bananas but for social and environmental issues as well.

"This is a major step forward for Fair Trade. We go to trade shows and people say, 'you're taking on the banana industry?!' Banana companies have been accused of horrible abuses for almost a century. Oké USA is a new kind of company, one that brings good, healthy food to people here and enhances the lives and communities where bananas are grown," said Jonathan Rosenthal, co-founder and 'Top Banana.' "We're doing for bananas what we did for coffee 20 years ago. It's a

win-win relationship between proud farmers and satisfied consumers."

The Oké model is better for the environment, too. "Fair Trade bananas are grown ecologically. Whenever we can, we farm organically. In a region where that's impossible, we maintain high standards of pesticide reduction, erosion control, protection of waterways and forests and composting of waste materials."



*Fair Trade
Bananas
available at
the COOP!*

MEMBER PROFILE: SUSAN DUNNING

Susan Dunning brings a rare combination of skills to her role as President of the Board of Directors of the Springfield Food Coop. As a dedicated organic farmer, she has retailed produce for eighteen years, primarily at the Brattleboro Farmers' Market. She advocates eating locally produced food whenever possible and is actively

engaged in diversified, organic farming at Mile Hill Farm in Springfield.

Susan became conscious of the importance of organic farming when her son was born. As a vendor of produce and eggs to the Coop, she became aware of the need to strengthen the Coop's finances and decided to contribute her expertise

acquired over eighteen years as an owner of a retail pottery business in Ludlow.

Susan's mother was an active volunteer and encouraged her to contribute her time and talent. Ironically, Susan accepted the nomination to the Coop Board the day before the relocation of the Coop was announced. Although Coop Board members often donated 25-40 hours of work in

preparation for the move to the present location, she was determined to follow through with her commitment. Now that the new facility had been operating for almost a year, the demand on her time has diminished. Nevertheless, the Coop still depends on volun-

teers to serve in a number of roles.

According to Susan, the major challenges for the Coop in the future include competition from the major food chains, increasing the volume of the store, and recruiting volunteers. She believes the Coop gives us a choice as to what we consume. By buying local and organic produce and other food, we help to reduce shipping costs,

and thereby decrease the use of petroleum used in growing and transporting food, as well as the pesticides present in our air and water.

—Anne Dickinson





Springfield Food Coop
 335-1 River St.
 Springfield, Vermont
 05156

Large Enough to Meet Your
 Needs~ Small Enough to Meet
 Your Neighbors!

Phone: 802-885-3363
 E-mail: sfc@vermontel.net
 Web page: www.vermontel.net/~sfc

Minutes and agendas:
<http://personalpages.tds.net/~susandunning/>

WORKING MEMBERS WANTED!



**VOLUNTEER AT THE
 COOP!**

If you are a member of the Springfield Food Coop you are eligible to become a working member. The benefits are enormous! In addition to your regular member discounts, you can earn up to 10% more in discounts by working as little as 8 hours a month. Where else can you meet other coop members and like-minded folks ?!

We need volunteers to assist with pricing, stocking, bulk-bagging, and closing duties. Hours are flexible and entirely up to you! We always need help, and we would love to have yours. Come on down and join in the fun!

APRIL 1st INVENTORY!

Volunteers Needed!

Contact:

Manger Cindy Phillips

885-3363

or

Volunteer Coordinator

Hallie Whitcomb

885-3376

Starts at NOON

Open 7 Days